

IT'S ALL ABOUT THE KIDS

Fall 2001

Lassen Children & Families Commission Newsletter

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Commission Members

Jim Chapman

**Elizabeth
Elam**

Janice Irvin

Patsy Jimenez

David Jones

**Barbara
Malone**

Karol Merten

**Yvonne
O'Neill**

Vacancy

Healthy Children Learn Good Eating Habits and Physical Fitness

Children Learn What They Live

Parents are gatekeepers of their children's eating habits and physical activity patterns. Parents and care givers have a tremendous impact on the children in their care. Children will mimic the adult role models. It's important we adults provide appropriate role modeling to ensure good nutrition and physical activity. Children rely on us.

Some suggestions to help you and your children:

- Limit TV viewing. Babies and young children need activity, not a passive babysitting TV.
- Play with your babies and toddlers. Play sing song rhymes and other games with your children.
- Take your children to the park and for walks. Don't over exert your toddler and be sure the playground equipment is appropriate for his/her age and skills.
- Develop routines and set meal and snack times for your children.

Preventing Childhood Obesity: A Prop 10 Opportunity

Nearly eight percent of all four and five year old children in the United States are overweight. Experts advise that prevention efforts must begin early and address two crucial issues:

- Poor eating habits and little or no physical activity.
- Lack of parent/care giver knowledge of basic infant and toddler nutrition and physical activity needs.

Causes of childhood obesity:

Weight gain among children is often due to a combination of factors, including unhealthy eating habits, sedentary behavior, genetic makeup, family lifestyle and income status. These children become sick more often, perform poorly in school, are at more risk for a number of chronic childhood diseases and are increasingly being diagnosed with "adult" diseases such as type 2 diabetes and increased blood cholesterol. Overweight children often experience discrimination and stigmatization by society and their peers which contributes to low self esteem.



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CHILDREN
& FAMILIES
COMMISSION



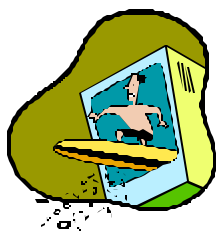
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Lassen County Children & Families Commission
1345 Paul Bunyan Road, Suite B
Susanville, CA 96130
(530) 257-9600

TO:

IT'S ALL ABOUT THE KIDS

Surfing the Net?



Catch us at
www.ccfc.ca.gov/lassen
For more information, check
out these websites:
<http://iamyourchild.org>
www.nncc.org
FamilyFun.com

Coming Events

The Lassen Children and Families
Commission meets on the first Thursday
of each month at the

Barry Creek Meeting Center
1345 Paul Bunyan Road, Suite B
Susanville, California 96130

Remaining meeting dates for 2001

November 1, 2001

December 6, 2001



Set meal and snack times for your children!

Just as your babies have specified feeding times every few hours, your young children need set meal times and snack times. And they need adult supervision and modeling to learn good eating habits. Toddlers can actually help select and prepare part of the meal and some snacks. Two year olds can peel bananas, put bread in the toaster, arrange apple and cheese slices; three to five year olds can cut soft foods such as oatmeal squares or little sandwiches with a table knife. They can put together sandwiches, pour liquids, shape dough, and measure some dry and liquid foods. Yes you'll have little spills and some messes to clean up but it will be worth it later. Always remember to stay with the children when they are preparing food. And eat with them—this should be a social time to enjoy together.

Expecting a new little one?

Seriously consider breastfeeding. Some studies indicate that infant breastfeeding may reduce the risk of childhood obesity. Recent findings also show that breastfed infants more readily accept a variety of new foods, enabling them to develop healthy eating habits more easily. It's recommended infants be exclusively breastfed for the first six months and that breastfeeding continue until at least the age of twelve months.

Don't put your child on a diet!!!

Food deprivation is frightening to a child and can make him/her very unhappy. Consider some basic tactics that are subtle. Water down juice, switch to reduced fat milk, cook with fewer fats and oils. Make desserts that are low fat for the entire family. Don't single out the overweight family member. Be careful, a very low calorie diet can stunt growth and decrease muscle mass. Always consult your family doctor in regard to your child's health and concerns about overweight.

Secondhand smoke is dangerous to your child's health.

Call the toll free California Smoker's Helpline to help you quit. 1-800-NO-BUTTS. Protect your health and the health of your children.

Learning to read does not start on the first day of school. It starts with parents and caregivers talking and reading with their children, encouraging them to play with books and draw, write and tell stories."

—Rob Reiner,
Chair, CCFC

CHILDREN SELDOM MISQUOTE YOU. IN FACT, THEY USUALLY REPEAT WORD FOR WORD WHAT YOU SHOULDN'T HAVE SAID.

Anonymous



Happy Halloween

Halloween marks the beginning of the fall/winter holidays that enchant our children. What better time to begin setting family traditions and rituals that your children will fondly remember. Locally our Uptown Susanville Merchants treat children in a safe and friendly environment. This treat is a nice way to begin the toddlers' Halloween evening. You can top it off with visits to select family and friends and then end the evening with a special Halloween bedtime story and a warm cup of cocoa with a small treat. Don't forget the camera to record this special day.



SCHOOL READINESS INITIATIVE UP AND MOVING IN LASSEN COUNTY!

In July of this year the California Children and Families Commission approved the allocation of \$200 over the next four years to launch School Readiness Programs across California. The Lassen County Children and Families Commission has filed their letter of intent to participate. Funding for Lassen County from the State Commission will be \$400,000 over four years, \$100,000 for implementation expenses, and a commitment of local Commission funds or other sources of matching funds of at least \$200,000. The School Readiness Program is founded on opportunities to coordinate, develop, implement and sustain a system of collaborative school-linked services, programs and informal supports based on research and promising practices to improve school readiness for children, families, communities and schools. Watch for more information about the School Readiness Initiative in Lassen County.



Commission Awards Grants

To date the Lassen County Children and Families Commission has awarded a total of \$147,961.95 in grants to enhance and support services to Lassen County families with children prebirth to age 5.

- **Adams Day Care Facility:** \$10,000 for Playground Equipment
- **Kinder Crossing:** \$10,000 for Day Care Center Equipment
- **Susanville Pre School:** \$10,000 for upgrade of Preschool Equipment
- **DelCarlo Pre School:** \$8,583.95 for equipment and materials
- **Susanville Library:** \$10,000 for books and software for children.
- **Milford Community Association:** \$9,400.00 for playground equipment
- **Mountain Midwifery Doula Project:** \$9,978 training 10 Doulas who will then assist an expectant mother in the labor and delivery of her child.
- **Westwood State Preschool:** \$10,000 for a play ground upgrade.
- **ComPAC, The Community Planning and Advisory Council:** \$70,000 for family resource center development.

Call 257-9600 Extension 12, for information about the grant program. Information is also located at www.cafc.ca.gov/lassen.

ComPAC OPENS FOR BUSINESS!

Barbara Tiner, a native of Lassen County, and the newly hired project coordinator for the Community Planning and Advisory Council (ComPAC) hit the deck running on September 4! She began working on the newly awarded grant for the planning and development of family resource centers in Lassen County at an office space at 44 South Gay Street, Suite A, in Susanville. Stop by and meet her or give her a call at 251-2997. Welcome Barbara!